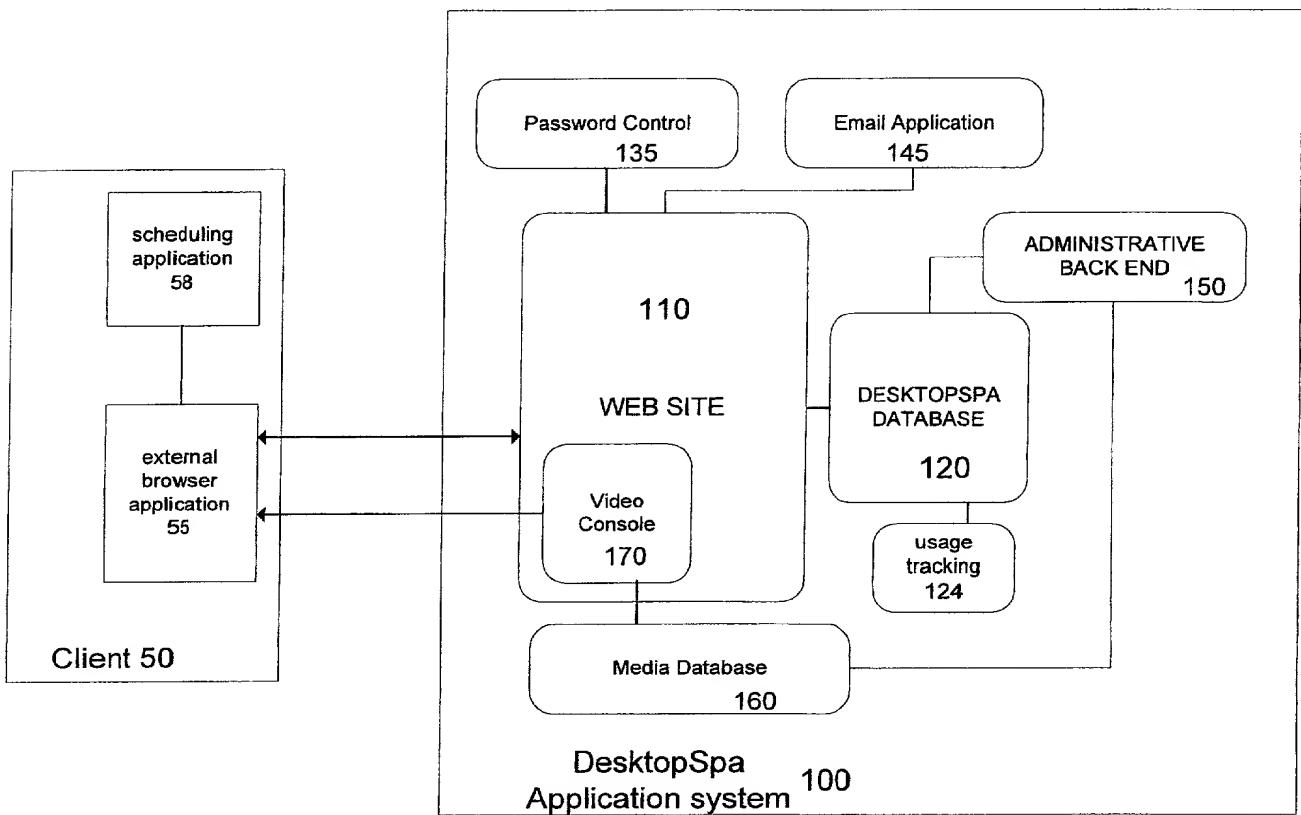


**FIG. 1**

FIG. 2



**FIG. 3**

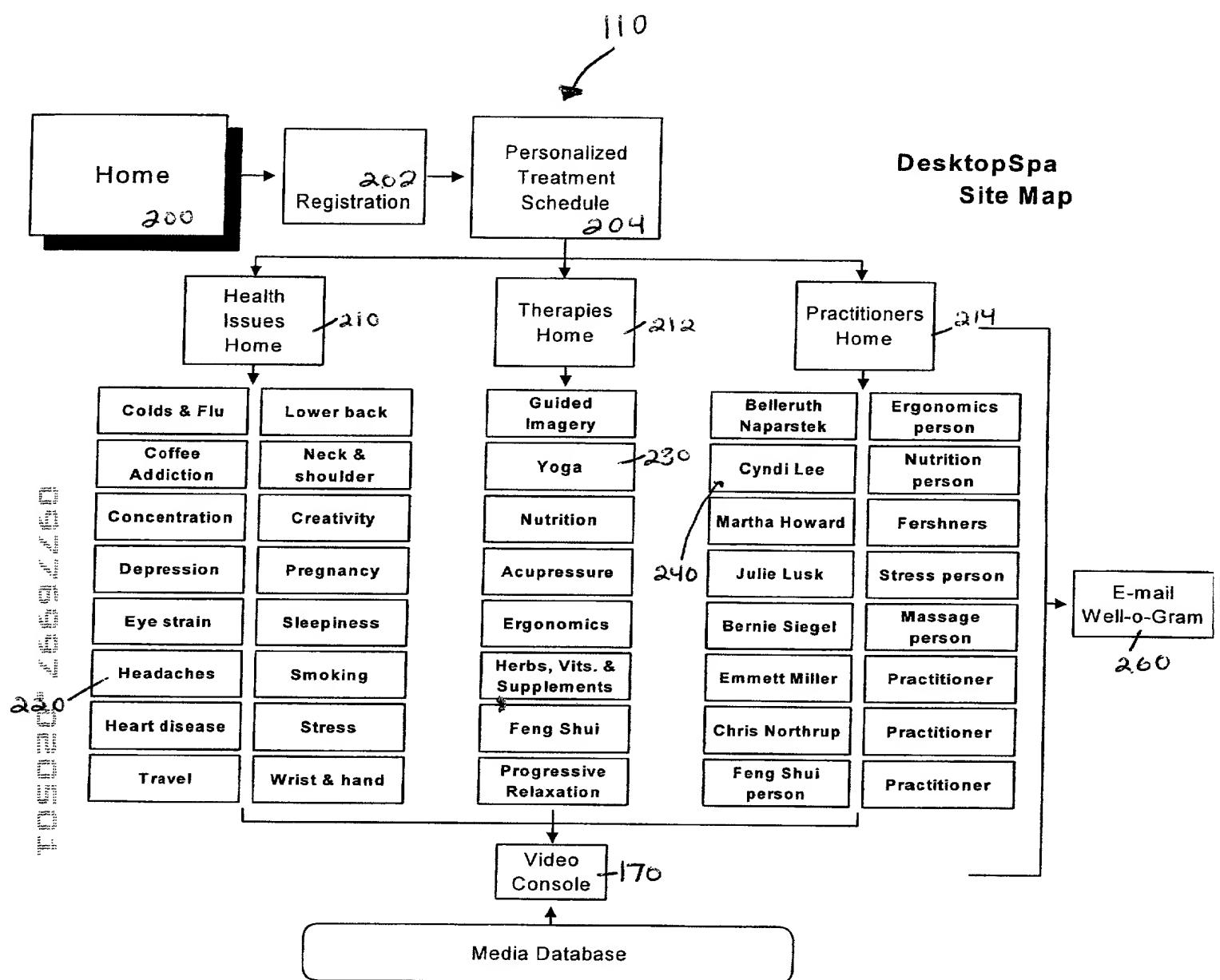


FIG. 4

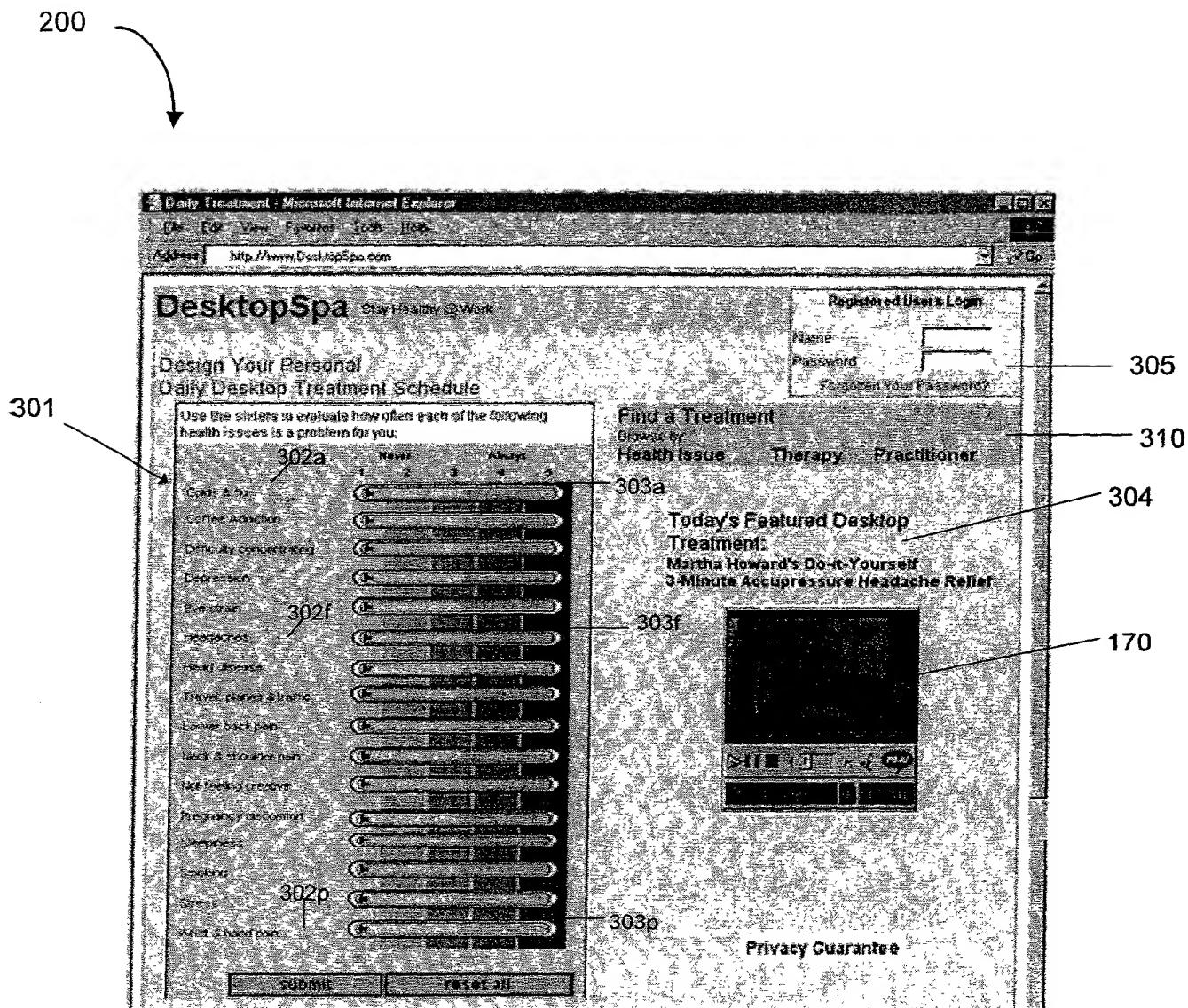


FIG. 5

202

**desktopspa**

## Tell us About Yourself

First Name

Last Name

Email Address

Username

Password

Password again

Sex  Female  Male

Age  under 18

[Our Privacy Policy](#)

Corporate Code  Social security #

Favorite Therapy (\*optional)  Accupressure  Meditation  
 Chi Gong  Yoga

Remember my ID and password so that I don't have to log in each time I visit this site.  
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you.)

My connection speed is  T1 or faster  56-k modem  
[\(What does this mean?\)](#)

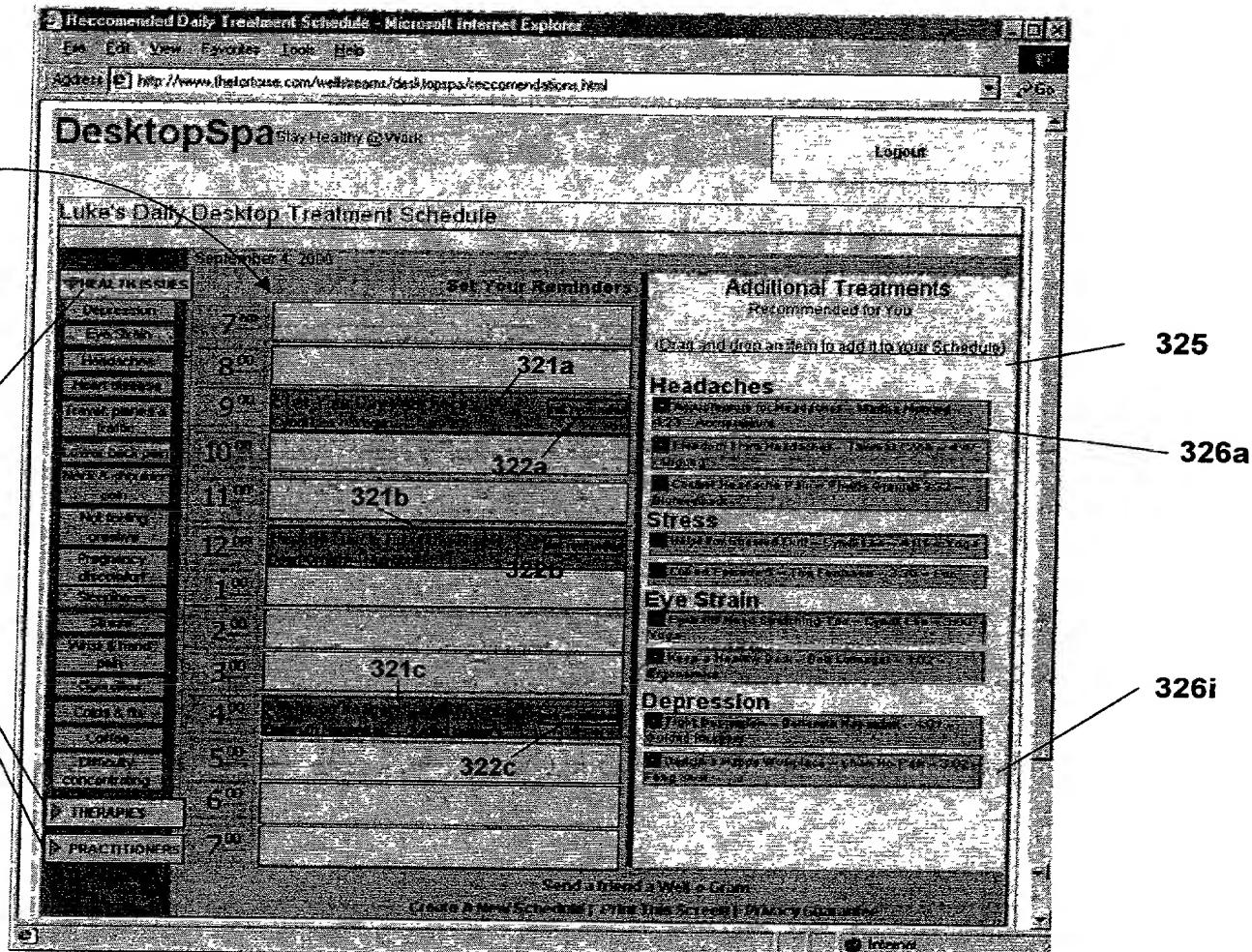
I prefer  RealVideo  Windows Media  
 Quicktime

Legal Agreement copy here.  I Agree.

**Proceed**

FIG. 6

204



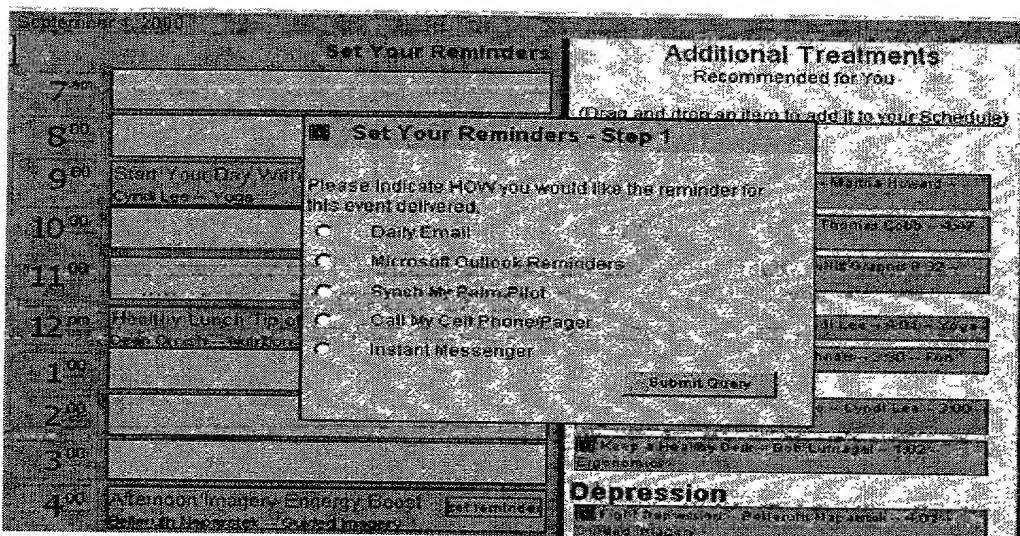


FIG. 7a

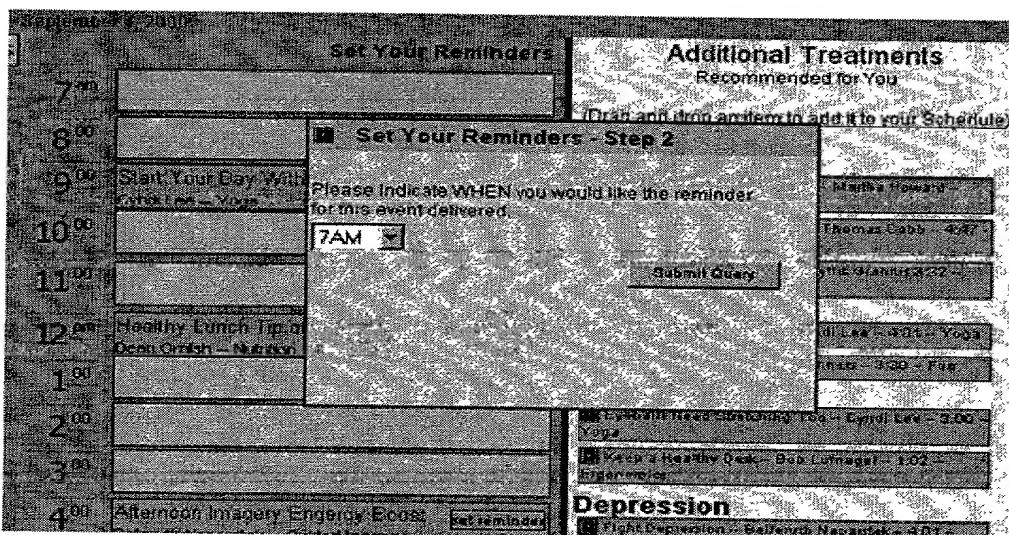


FIG. 7b

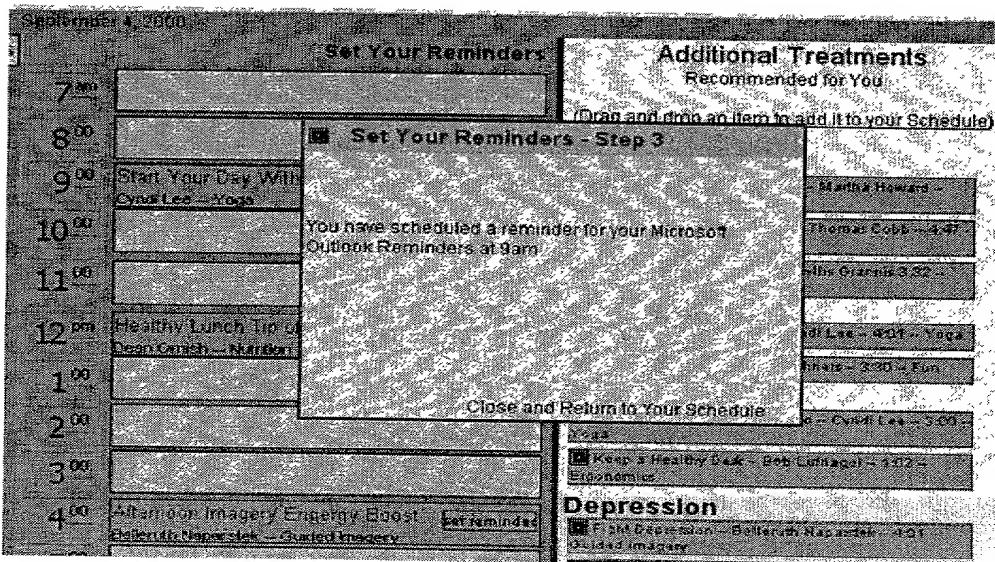
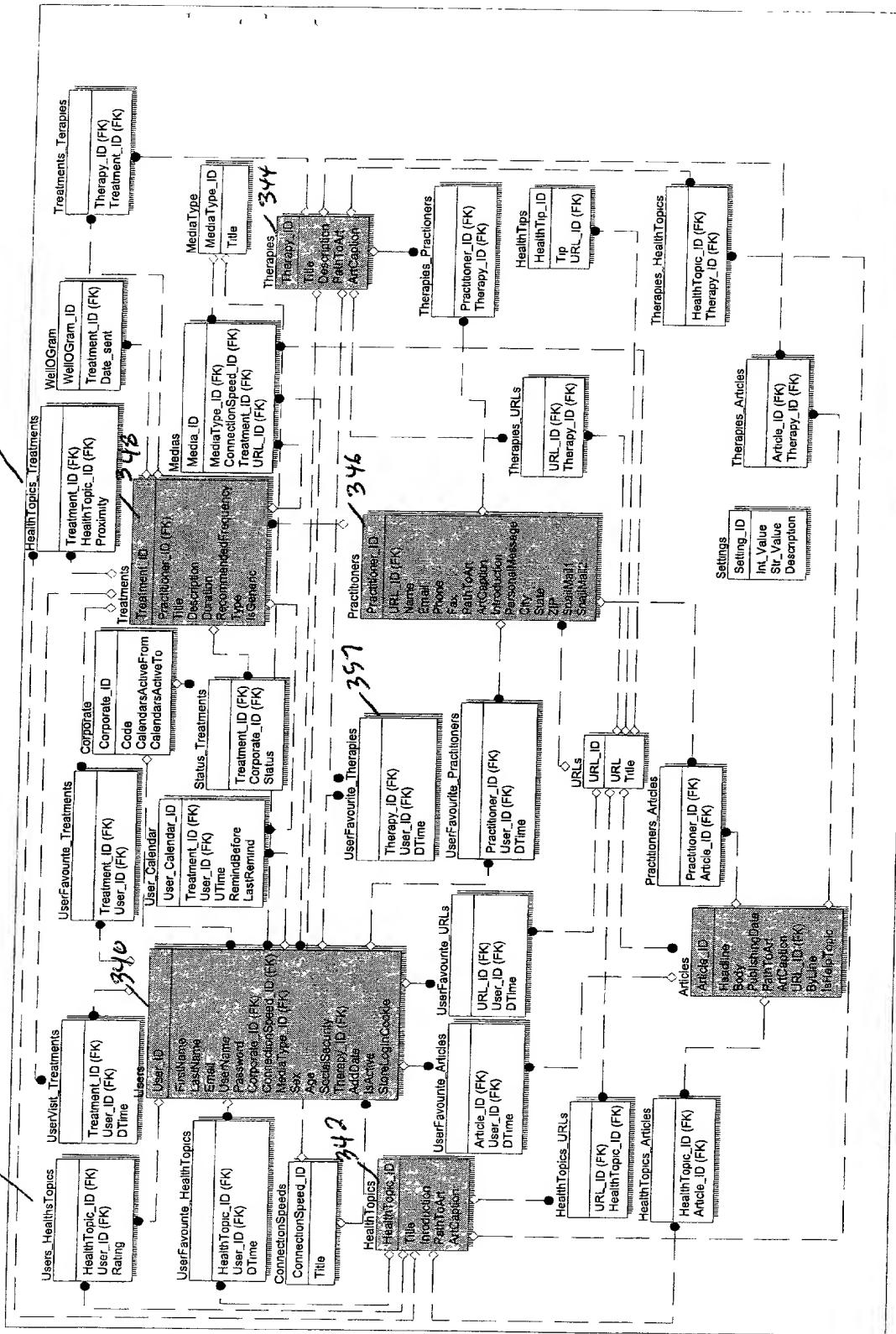


FIG. 7c

FIG. 8

350

355



**FIG. 9**

260

## Well-o-Gram

*Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.*

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

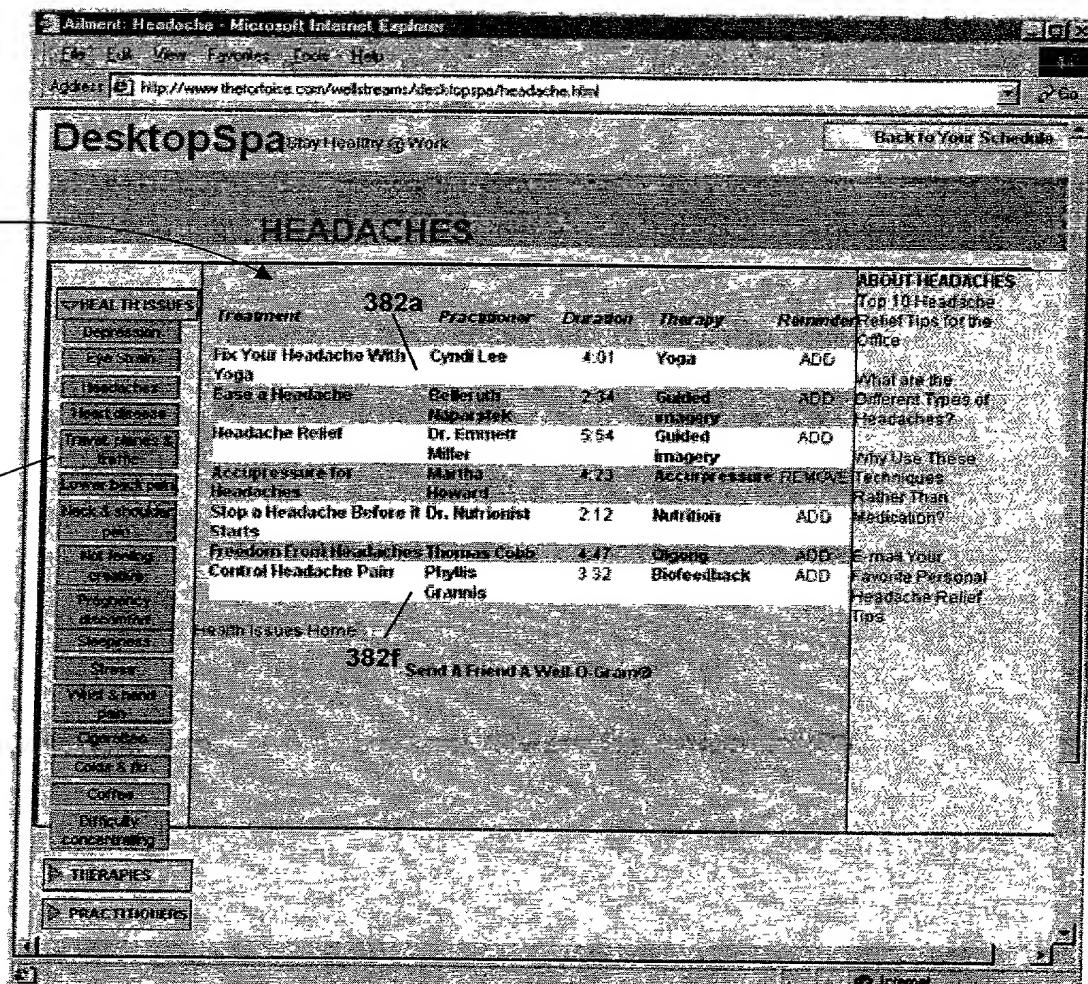
**Send Well-o Gram**

220

FIG. 10

380

385



230

FIG. 11

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.thefuton.com/wellspams/desktopspa/yoga.html

2:50

**DesktopSpa** by Healthy@Work

**YOGA**

Treatment	Practitioner	Duration	Health Issue	Reminder	Action	About Yoga
Hold 'Em Stress and Pain	Cyndi Lee	4:11	Stress	ADD		What is Yoga and How Can it Help You?
Cats & Cows @ the Office	Cyndi Lee	3:23	Lower back pain	ADD		Breathing It's More Important Than You Think
Cyndi's 2-minute Keyboard Break	Cyndi Lee	2:04	Wrist & hand pain	Remove		
4pm Yoga Energy Boost	Cyndi Lee	3:34	Stress	ADD		Additional Yoga Resources
Yoga for the Frequent Flyer	Cyndi Lee	5:43	Travel	ADD		
Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD		
Cyndi's Smoke Break	Cyndi Lee	2:34	Cigarettes	ADD		Meet Our Yoga Practitioners
Eyeballs Need Stretching Too	Cyndi Lee	4:00	Eye strain	REMOVE		
Breathe & Focus	Cyndi Lee	1:34	Difficulty concentrating	REMOVE		
Wrist Rolls (Amen! Sushi)	Julie Lusk	0:32	Wrists & hands	ADD		
Yoga on the Go	Julie Lusk	5:01	Travel	ADD		
Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD		
Create a Life Not a Lifestyle	Julie Lusk	4:01	Stress	ADD		

Therapies Home

Send A Friend A Well-O-Gram!

Done Internet

FIG. 12

**Practitioner: Cyndi Lee - Microsoft Internet Explorer**

File Edit View Favorites Tools Help

Address  Go

**DesktopSpa** Stay Healthy @ Work Back to Your Schedule

## OM Yoga with Cyndi Lee

	Treatment	Duration	Health Issue	Reminder
<b>HEALTH THERAPIES</b>	Help! I'm Stressed Out!	4:01	Stress	ADD
<b>THERAPIES</b>	Calm & Coolin' in the Office	7:03	Lower back pain	ADD
<b>PRACTITIONERS</b>	Cyndi's 2-minute Keyboard Break	2:04	Wrist & hand pain	REMOVE
	OM Yoga Energy Boost	5:14	Sleepiness	ADD
	Yoga for the Frequent Flier	5:13	Travel	ADD
	Yoga for Migraine Trains	5:13	Trains	ADD
	Cyndi's Smoke Break	2:34	Cigarettes	ADD
	Eyeballs Mind Stretching Tool	3:00	Eye strain	REMOVE
	Breathe & Focus	1:34	Difficulty concentrating	ADD

What is Cyndi Lee?

What's OM Yoga?

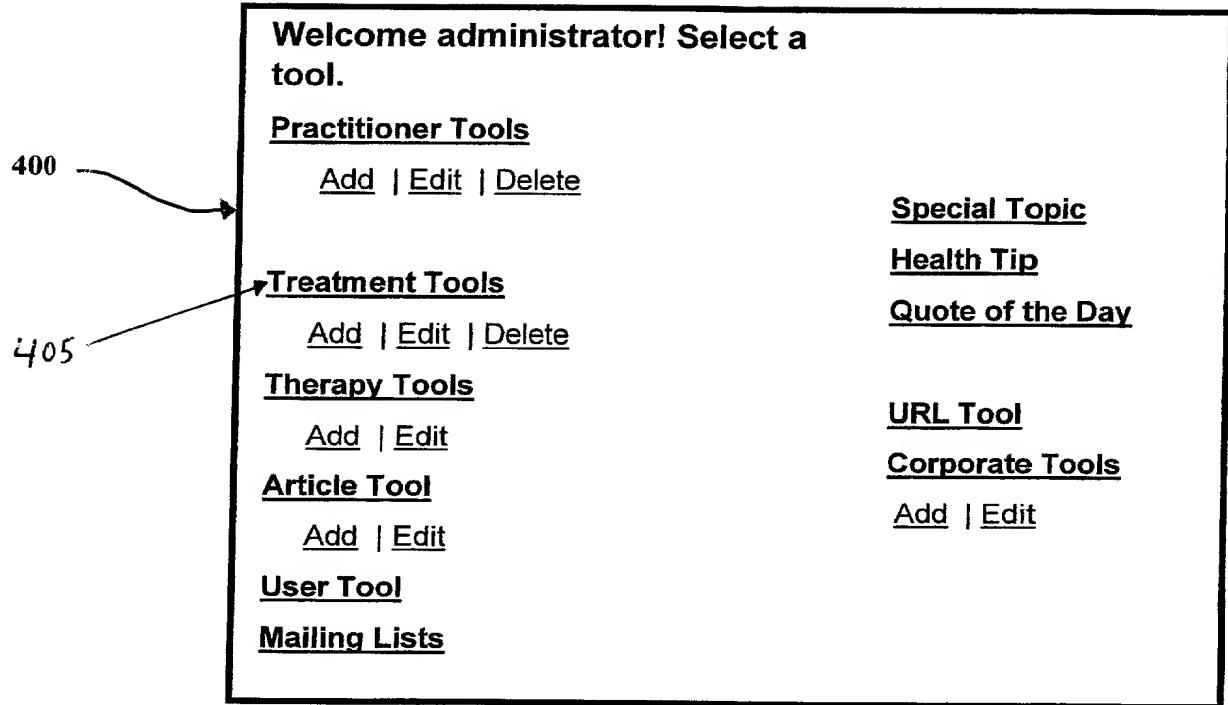
How can Cyndi help me at the office?

E-mail a question to Cyndi.

Practitioner's Photo

Send A Friend A Well-O-Gram®

FIG. 13



**FIG. 14**

FIG. 14

410

Add a Treatment

Associate this treatment with these therapies

Practitioner: Belleruth Naparstek [Add a Practitioner](#)

Title: [412](#)

Description: [413](#)

Related Health Topics: [414](#)

Never ----- Always

- Headaches
- Smoking
- etc...

This treatment is only for this corporation: Acme Corp. [416](#)

Duration: [417](#)

Recommended Frequency: [418](#)

This treatment is a  video clip  audio clip

URL of Media: [Browse...](#)

[419](#)

Publish Treatment | Exit Without Saving | Home

Edit an Existing Treatment | Delete an Existing Treatment

treatment titles here | treatment titles here | Delete It

FIG. 15

420

**Edit a Treatment**

Associate this treatment with these therapies

Practitioner

Title

Description

Related Health Topics

Never ----- Always

•Headaches

•Smoking

•etc...

Priority

Duration

Reccomended Frequency

URL of Video

**FIG. 16**

430

434

432

User1      Last Login: mm:dd:yy hh:mm      [Send this User an email](#)

First Name: Luke  
Last Name: Monaco  
Email Address: luke@imagepaths.com  
Username: lukem  
Password: \*\*\*\*\*  
Favorite treatment: Yoga  
Date Joined: 10/17/00

[View User1's Schedule](#)  
This User is Currently Active  
[Make Inactive](#)

Health Issue 1  
Health Issue 2  
Health Issue 3  
Health Issue 4  
Health Issue 5  
Health Issue 6

Mailing Lists Subscribed to:  
none

[Exit Without Saving](#)   [Delete User](#)   [Save changes](#)   [Home](#)

FIG. 17

Corporate Tool

Corporate code 442

Users' calendars should be active

From this hour

To this hour

No reminders please 444

Ban the following treatments 446

Treatment 1  
Treatment 2

Headache-be gone!

Specially promote the following treatments 448

Treatment 1  
Treatment 2

Sinus rub

Our logo

Browse

Add This Corp. Exit With no Change Home

Edit an Existing Corporation Delete an Existing Corporation

corp titles here corps here Delete It